



## The Shed class times

### Boys (Men's Artistic Gymnastics)

#### Monday to Thursday

Time	Recommended ages	Recommended levels
13:30-14:15	4, 5, 6	Beginners & pre level
14:15-15:15	6, 7, 8	Beginners & 1-3
15:15-17:00	9-12	4-6
16:30-19:00	12 +	6+

#### Friday

Time	Recommended ages	Recommended levels
13:30-14:15	4, 5, 6	Beginners & pre level
14:15-15:15	6, 7, 8, 9	Beginners & 1-3
15:00-16:30	All ages	Parkour
15:15-18:00	12+	6+

### Girls (Women's Artistic Gymnastics)

#### Monday to Thursday

Time	Recommended ages	Recommended levels
13:30-14:15	4, 5, 6	Beginners & pre level
14:15-15:15	6, 7, 8	Beginners & 1-3
15:15-17:00	9-12	4-6
16:30-19:00	12 +	6+

#### Friday

Time	Recommended ages	Recommended levels
13:30-14:15	4, 5, 6	Beginners and pre level
14:15-15:15	6, 7, 8, 9	Beginners & 1-3
15:00-16:30	All ages	Parkour
15:15-18:00	9-12	4-6

STELLENBOSCH GYMNASTICS

MEN'S ARTISTIC GYMNASTICS | WOMEN'S ARTISTIC GYMNASTICS

084 506 1044 | stellenboschgymnastics@gmail.com | www.stellenboschgymnastics.co.za

The Shed, Santa Road, Spier | Van der Stel Sports Grounds, Du Toit Street, Stellenbosch